



# Programs & Services for Newcomers

## A place of welcome, friendship and community

MNLC provides caring and professional services that address short- and long-term needs and goals to help you make Canada home.



## LIVING IN CANADA

You can receive support in the following areas.

- Orientation to life in Ontario
- Information on immigration issues
- Education and training
- Accessing social assistance / income security / child tax benefits services
- Access to housing support
- And more!

Settlement services are offered in **English, Arabic, and Spanish.**

Online and in-person  
services available



## LEARNING ENGLISH

Success in Canada starts by learning English! You can learn English from basic to high intermediate levels through formal and informal programs.

### Language Instruction for Newcomers to Canada (LINC)

Enhance your English in online and in-person classes, from beginner to high intermediate levels, for CLB 0 to 4.



[www.mnlct.org](http://www.mnlct.org)  
[themnlct@gmail.com](mailto:themnlct@gmail.com)

**CONTACT  
US**



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## IMPROVING YOUR WELLBEING

### Mental Health Services

Gain resilience, strength, and improve your wellbeing in individual, group, or family sessions with a mental health counsellor.

Mental Health services may be available in multiple languages (English, Arabic, Farsi, Spanish, and Ukrainian).

### Community Health Services

Seek health care assistance from our Community Health Services, no OHIP card required.



## BRIDGING YOUR CAREER

Access valuable Canadian workplace knowledge and experience through an Ontario bridge training program.

**Bridge to Registration and Employment in Mental Health (BREM)**

**Workplace Communication in Canada**

## LOOKING FOR A JOB

### Employment Readiness Program

Develop your own career and employment plan with individual support. Attend group workshops to meet, network, and discuss important topics related to soft skills and becoming employment ready in Canada.



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**LEARN MORE**



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